



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

COMMUNITY WELLNESS

May 2023

hello
MAY

In this newsletter:

Mental Health Month

Women's Health Month

Skin Cancer Awareness

Healthy Vision

"Guiding Auglaize County towards a healthier future."

TAKE CARE OF YOURSELF

MENTAL HEALTH MONTH

Since 1949, Mental Health America and many others have observed May as Mental Health Month by reaching out to millions of people to spread the word that mental health is something everyone should care about. It's a time to share information, stories, and resources.

Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year. Additionally, 46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

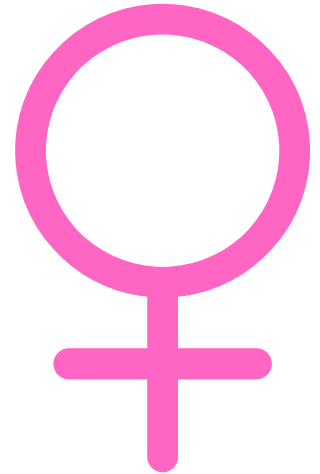
Talking about mental health helps promote acceptance and encourages people to seek help. There are resources and people available to help, no matter what your situation is.

If you or someone you know is struggling or in crisis, help is available. Call or text [988](tel:988) or chat [988lifeline.org](https://www.988lifeline.org). To locate treatment facilities or providers, visit [FindTreatment.gov](https://www.findtreatment.gov) or call the National Helpline at [800-662-HELP \(4357\)](tel:800-662-HELP).



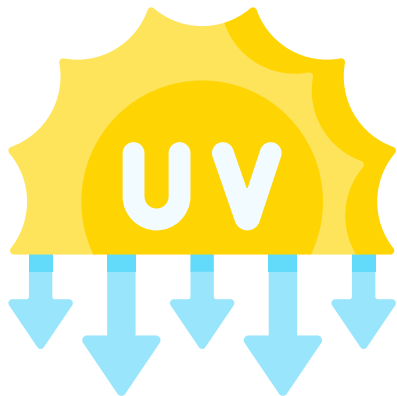
WOMEN'S HEALTH MONTH

National Women's Health Month is celebrated each May. This observance officially kicks off with national Women's Health Week beginning on May 14th, to encourage women and girls to make their health a priority. Women personify many roles in our lives. Two out of every three caregivers in the United States are women, meaning they provide daily or regular support to children, adults, or people with chronic illnesses or disabilities. Women who are caregivers have a greater risk for poor physical and mental health. Preventive care can keep disease away or detect problems early so that treatment is more effective. Women can protect or improve their health by getting regular checkups, including a yearly well-woman exam, getting active, eating a healthy and balanced diet, prioritizing their mental health, learning how to cope with stress, and practicing healthy behaviors daily.



SKIN CANCER AWARENESS & PREVENTION

Summer is right around the corner! Sun protection is important all year round, and it's best to use several different kinds. When you're working in the yard, watching a ballgame, or taking an afternoon walk, make sun safety an everyday habit so you can avoid getting a sunburn and lower your chance of getting skin cancer. Overexposure to ultraviolet (UV) rays can cause skin cancer. Skin cancer is the most common cancer in the United States. Approximately 9,500 people in the United States are diagnosed with this cancer every day. Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. When going out in the sun, try to stay in the shade, wear long-sleeved shirt and pants, and reapply sunscreen at least every 2 hours and after swimming, sweating, or towel drying off.





HEALTHY VISION

May is Healthy Vision Month! Taking care of your eyes should be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases. Some eye conditions can cause vision loss and even blindness. If you haven't had an eye exam for some time, schedule one this month.




CONTACT US

 813 Defiance St.
Wapakoneta, OH 45895

 419-738-3410

 www.auglaizehealth.org

 information@auglaizehealth.org